



# TOMATO, SPINACH & FETA SCROLLS

MAKES 6-8 SCROLLS!

## INGREDIENTS

- 1x 250g pkt frozen spinach, thawed
- x 200g pkt feta, crumbled
- 2 ripe tomatoes, finely chopped
- Seasoning (salt, pepper, mixed herbs)
- 1 packet frozen ready rolled puff pastry

## UTENSILS

- Chopping board
- Knife
- Big bowl
- Medium bowl
- Sifter
- Big spoon
- Measuring cups and spoons
- Scales
- Baking tray and paper
- Wire rack

## METHOD

- Preheat oven to 190oC fan-forced. Line a baking tray with baking paper
- Use your hands to squeeze out any excess water from the spinach. Place the spinach and feta in a medium bowl and stir with a big spoon until well combined. Season and set aside until required
- Separate pastry sheets onto a flat surface. Place the spinach and feta mixture over dough. Top with tomatoes - use the back of a spoon to spread evenly and leave a 2 cm gap at one long side.
- Starting from the opposite long side, roll the dough up firmly to enclose the filling. Cut the log into 2cm-thick slices. Arrange the scrolls, cut-side down, side by side in the prepared tray.
- Bake in preheated oven for 15 minutes or until golden and cooked through. Turn onto wire rack. Serve warm or at room temperature.





# AUSSIE BURGERS

MAKES 4-6 BURGERS!

## INGREDIENTS

- 250g kangaroo/beef/chicken/ mince
- ½ small onion finely cut
- ½ tsp caraway seeds
- 1 sprig fresh thyme leaves
- ½ egg
- ½ tsp lemon rind
- ¼ cup dried breadcrumbs
- Salt, pepper
- Oil for pan cooking

## UTENSILS

- Bowl
- Chopping board
- Knife
- Frypan

## METHOD

- Finely chop 1/2 a brown onion and grate 1/2 tsp of lemon rind
- Mix the mince, onion, caraway seeds, thyme, egg, and lemon rind together - you can use a spoon or your hands if you don't mind getting messy!
- Season with salt and pepper as needed. If mixture is too wet and sticky add the breadcrumbs.
- Shape the meat mixture into 8 balls and flatten them with the palm of your hand.
- Heat the oil in a frypan until very hot and fry till cooked, turning once - around 5-7 minutes Serve on your favourite roll with all the Aussie bits: lettuce, beetroot, tomato relish, etc.
- If you are feeling adventurous, you could even do your own sweet potato fries - before starting your burgers, chop 1 small sweet potato into fingers sized chunks; add to a bowl and mix in olive oil, salt and pepper, a tiny pinch of paprika and toss through the bowl - roast until cooked through and a little crispy! (Usually 25-35minutes)





# HOMEMADE PASTA AND SAUCE

SERVES 3-4

## INGREDIENTS

- 1 egg, slightly beaten
- 1/2 teaspoon salt
- 1 cup (125g) plain flour
- 1-2 tablespoons water
- Passata Sauce
- 1 onion, 1 carrot, 1 zucchini finely chopped
- 1 jar of passata or a tin of chopped tomatoes

## UTENSILS

- Bowl
- Chopping board
- Knife
- Frypan/sauce pan
- Rolling pin or pasta machine
- Colander

## METHOD

- In a medium sized bowl, combine flour and salt. Make a well in the flour, add the slightly beaten egg and mix together. The mixture should form a stiff dough. If needed, stir in 1 to 2 tablespoons water.
- Wrap the dough in cling wrap and let rest for 1 hour.
- Whilst the dough is resting, you can work on your sauce! Chop 1 onion, 2 garlic cloves, and whatever vegetables you like - (we recommend zucchini and carrot) into small cubes. Stir fry the onion and garlic for 2 minutes, then add the other vegetables. Once they start to colour and soften, add half the bottle of passata sauce and leave to simmer on a very low heat for 10-15 minutes, stirring regularly.
- Back to the pasta!... Place the dough on a lightly floured surface, knead dough for about 3 to 4 minutes or until smooth and elastic.
- With a pasta machine or by-hand, roll dough out to desired thinness. Use the machine or knife to cut into strips of desired width.
- Cook fresh home made pasta in lightly salted boiling water.
- Stir gently with a wooden spoon and let it come back to the boil. The pasta will rise to the surface when cooked. Drain in a colander and handle gently as it is more fragile than cooked dry pasta.





# BEEF AND VEG FRIED RICE

SERVES 4

## INGREDIENTS

- 3 tsp vegetable oil
- 400g beef rump steak, cut into thin strips
- 4 spring onions, thinly sliced
- 1-2 small carrot, finely diced
- 1 bunch broccolini, trimmed, cut into 3cm pieces
- 125g can corn kernels, drained
- 50g diced ham
- 3 tsp soy sauce
- 1 tsp sesame oil
- 2 tsp white sesame seeds, toasted
- 500g microwave white or brown rice

## UTENSILS

- Chopping board
- Knife
- Frypan

## METHOD

- First prep and chop all of your vegetables
- Microwave your rice as per packet instructions and set aside to cool slightly
- Heat a frying pan over high heat.
- Add 1 tsp oil and swirl to coat.
- Add half the steak and cook for 2 minutes or until browned.
- Transfer to a bowl. Repeat with remaining steak.
- Heat remaining oil. Add spring onion, carrot and broccolini. Cook, stirring, for 2 minutes or until softened.
- Add corn, ham and cooled rice.
- Return beef to pan with soy sauce and sesame oil. Toss until well combined and heated through. Top with sesame seeds.

